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ConnectCare

Your Medicaid & ARKids First Connection to Better Health Newsletter

Nutrition News for You

What is folic acid?

Folic acid, also known as folate, is one of the many B vitamins. Folic acid is good for our bodies. Folic acid helps your body make cells. Folic acid helps pregnant women have a healthy pregnancy. You can get folic acid from food and vitamin supplements.

Some good food sources of folic acid/folate are:

- ✓ Beans*
- ✓ Citrus fruits and juices*
- ✓ Wheat bran and whole grains* (such as whole grain cereal available through WIC)



Cheesy Corn Muffins

2 cups cornflakes*
1-1/4 cups milk*
1/2 cup sugar
1/2 teaspoon salt
1-1/2 cups flour
1 teaspoon baking powder
2 eggs, beaten*
1 stick margarine, melted
1/2 cup cheese, grated*

Mix cereal and milk in bowl. Set aside. Mix remaining dry ingredients together. Add eggs and margarine to cereal mixture. Add dry ingredients and cheese to cereal mixture. Mix just until moistened. Pour into greased muffin cups. Bake at 375 degrees for 20-25 minutes. Makes 12 muffins.

*WIC Food

(The WIC Program supplies foods that are high in folic acid. For more information about WIC, call 1-800-235-0002 or visit www.healthyarkansas.com/WIC. WIC is an equal opportunity provider.)

Source: Allison Hammons RD, LD, Arkansas Department of Health



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Assign

Request form online

ConnectCare has a form available online at www.seeyourdoc.org to assign or change your doctor. This form will allow you to choose your doctor and send your request from the computer.

Change

You will receive a letter in the mail within three business days either accepting or declining your request. When you submit a request to assign your doctor, it **DOES NOT** guarantee your request. Instructions are also available online if you need help completing the online form. If you have a doctor's appointment in less than a week, you should call the ConnectCare toll-free helpline at 1-800-275-1131 or 1-800-285-1131 TDD, or 614-4689 to be assigned to a doctor immediately.

If your child is on Foster Care Medicaid and you need to change his/her doctor, please contact your local DHS office.

What if I can't find a doctor in my area?



- ◆ Sign up with an Arkansas Health Education Center (AHEC).
- ◆ Select a PCP in a bordering county.
- ◆ Sign up with a family practice doctor if a pediatrician is not available in your county.
- ◆ Call the ConnectCare Information Helpline at 1-800-275-1131 (1-800-285-1131 TDD) on the first day of the month as vacancies sometimes occur at this time.

ConnectCare will work with you to get you with the doctor of your choice, but it may take a little time to do so. Until then, select from the doctors available. We are here for you 24 hours a day, 7 days a week online at www.seeyourdoc.org. Call us toll-free at 1-800-275-1131, 1-800-285-1131 (TDD), or locally at 614-4689 from 11 p.m. Sunday through Friday midnight.

Remember, your health and your child's health are important. Explore your options and put your health first.

Source: Ida King, ConnectCare Helpline Coordinator



Connecting You to Health Care . . .

Is your child getting enough sleep?

Sleep is an important part of your child's health. Lack of sleep can have a direct impact on your child's performance at school. When a child does not get enough sleep, the child is often too tired to focus. Give your child the best opportunity to do well in the classroom by setting a nightly routine.

1. Have a light snack.
2. Take a bath.
3. Put on pajamas.
4. Brush teeth.
5. Read a story.
6. Make sure the room is quiet and at a comfortable temperature.
7. Put your child to bed.
8. Say good night and leave.

It is also important you put your child to bed at the same time every night and get your child up at the same time every morning. Encourage your child to use his/her bed for sleeping, not for watching television or play.

The chart below will help you determine the number of hours your child needs to sleep to be properly rested.

Source: Reprinted with permission from National Sleep Foundation (2007).
"Typical Bedtime Routine." *Children and Sleep* (2007, Oct. 30)



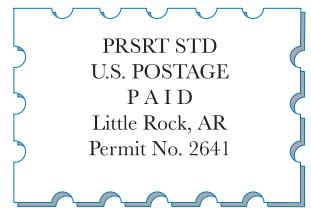
Sleep Chart

Child's Age	Hours Sleep*	Child's Age	Hours Sleep*
1 week	16.5	7	10.5
1 month	15.5	8	10.25
3 months	15	9	10
6 months	14.25	10	9.75
9 months	14	11	9.5
12 months	13.75	12	9.25
18 months	13.5	13	9.25
2 years	13	14	9
3 years	12	15	8.75
4 years	11.5	16	8.5
5 years	11	17	8.25
6 years	10.75	18	8.25
*TOTAL HOURS OF SLEEP INCLUDING A NAP			



1-800-275-1131 – 1-800-285-1131 TDD
Central Arkansas: 614-4689
www.seeyourdoc.org

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1-800-275-1131
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Toll-free ConnectCare
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Healthy kids!

ConnectCare recently asked a group of second grade students what it means to be healthy. Here's what they told us...

"To be healthy you must **run, jump, and work.**" – *Lucas*

"To be healthy **eat vegetables**" – *Ethan*

"It means to **eat a LOT of vegetables**" – *Ciara*

"Being healthy means to **exercise and eat vegetables.** Drink lots of water." – *Romero*

"Being healthy means **being strong and drink three gallons of water.**" – *Zayna*

"**Eat vegetables** that are healthy for you; **not root beer** only spinach." – *Jacob*

